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| **Beetroot, mint and feta salad**  Serves: 24 – 30 tastes  Source: Adapted from Stephanie Alexander Kitchen Garden Foundation | |
| **Ingredients**  1 cos lettuce, shredded  1 stick celery finely chopped  1 carrot, peeled and grated  2 Handfuls of snow peas, trimmed and blanched  4 small beetroot, washed and grated  1 cup mint leaves, washed and chopped coarsely  100g feta cheese  **Dressing**  1 clove of garlic  1 teaspoon of salt  2 tablespoons lemon juice  1 teaspoon honey  ¼ cup olive oil  Black pepper | **Equipment**  Chopping boards  Knives  Salad spinner  Peeler  Saucepan  Large mixing bowl  Mortar and pestle  Grater  Juice squeezer |
| **What to do:**   * Wash and trim the snow peas * Bring 1 litre of water to the boil in a saucepan and blanch for 30 seconds. Drain and plunge into cold water to stop the cooking process. Set aside. * Chop mint, prepare carrot, celery, lettuce (wash and spin dry using the salad spinner before shredding) and beetroot – toss together in a large bowl * Add the snow peas * Make the dressing by combining the garlic and salt together in the mortar and pestle. Mash the garlic and salt together. Add lemon juice and honey, whisk in the olive oil. * Add 2/3 of the dressing to the salad, and toss together gently * Divide the salad between serving bowls, top with crumbled feta and drizzle over remaining dressing * Serve | |